AIMS AND OBJECTIVES

AIMS OF THE STUDY

The main aim of the present investigation was to study the effectiveness of coaches of different sports and effectiveness in coaches of different levels in relation to personality, motives quality of working life, occupational stress, burnout and general health status.

Another aim was to study the effects of coaching (viz., individual sports versus team sports) and levels of coaching (viz. district level and state level on Eysenckian dimension of personality, motives, quality of working life occupational stress, general (physical) health, impulsiveness, empathy, venturesomeness, burnout, self rated effectiveness and athlete rated effectiveness.

OBJECTIVES OF THE STUDY

1. To improve the coaching effectiveness in coaches in their training programme.

2. To explain the differences in coaching effectiveness between individual sports coaches and team sports coaches.

3. To explain the differences in effectiveness at different levels of coaching.

4. To assist the sports management in improving the coaching effectiveness.